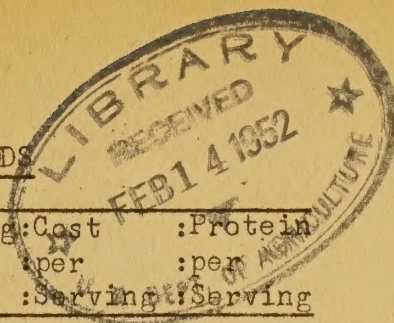


Extension Service
U. S. Dept. Agri.
Wash. 25, D. C.

810632

COMPARATIVE COSTS OF SOME COMMON PROTEIN FOODS



Food and Description	:Protein: :Grams :per lb.	:Cost :per :Pound	:Cost per :1 Gram :Protein	:Serving: :per :Pound	:Cost :per :Serving	:Protein :per :Serving
Bacon, Canadian, raw - - -	100.3			9		11.1
Beef cuts, raw:						
Chuck:						
With bone - - - - -	73.5	74.0	1.0	3	24.7	24.5
Hamburger	73.0	66.1	.9	4	16.5	18.2
Rib roast:						
With bone - - - - -	62.5	83.9	1.3	2	42.0	31.2
Round:						
With bone - - - - -	79.8	109.1	1.4	4	27.3	20.0
*Sirloin:						
With bone - - - - -	71.0	117.0	1.6	3	39.0	23.7
*Buttermilk, cultured (made from skim milk) - - - -	15.9	8.5	.5	2	4.2	8.0
Cheese:						
Cheddar - - - - -	113.5	58.7	.5	16	3.7	7.1
*Cottage, From skim milk	88.5	25.3	.3	4	6.3	22.1
Chicken:						
Raw:						
Roasters:						
Dressed - - - - -	56.0	62.9	1.1	1-1/5	52.4	46.7
Fryers (cut-up pieces)						
*Breast - - - - -	80.4	89.0	1.1	4	22.3	20.1
*Leg - - - - -	71.8	79.0	1.1	3	26.3	23.9
Eggs, hen, fresh, stored, or frozen: Raw:						
Whole: refuse, shells- -	51.7	83.5	1.6	4	20.9	12.9
Lamb:						
Retail items, medium fat, raw:						
*Rib chop - - - - -	51.4	119.0	2.3	3	40.0	17.1
*Shoulder roast (wholesale 3-rib) - - - - -	56.6	65.0	1.1	3	21.7	18.9
Leg roast (wholesale leg)- - - - -	67.9	84.1	1.2	2	42.0	34.0

Average USA Food Prices for Sept. 15, 1951 (BLS). Prepared by Evelyn L. Blanchard, Extension Nutritionist, U. S. Dept. of Agriculture.

*September 15, 1951 retail prices, Safeway Stores, Washington, D. C. From figures submitted by the BHNHE, U. S. Dept. of Agriculture.

Food and Description	:Protein:Cost		:Cost per		:Serving:Cost		:Protein	
	:Grams		:per		:per		:per	
	:per lb.:		:Pound:		:Pound		:Serving	
Liver:								
Raw:								
*Beef - - - - -	89.4	85.0	1.0	5	17.0	17.9		
*Calf - - - - -	86.3	135.0	1.6	5	27.0	17.3		
*Pork - - - - -	89.4	39.0	.4	5	7.8	17.9		
Milk, cow:								
Fluid (pasteurized and raw)								
Whole - - - - -	15.9	22.8	1.4	2	11.4	8.0		
Canned:								
Evaporated (unsweetened)	31.8	14.4	.5	4	3.6	8.0		
Dried:								
*Nonfat solids (skim) - -	161.6	38.0	.2	16	2.4	10.1		
Pork, fresh--								
Loin or chops - - - -	60.4	85.2	1.4	3	28.4	20.1		
Pork, cured:								
With bone	66.8	67.4	1.0	3	22.5	22.3		
Salmon:								
Canned, solids and liquid (including bone):								
Pink or humpback- - -	93.1	62.2	.7	5	12.4	18.6		
*Sockeye or red	91.7	76.0	.8	5	15.2	18.3		
Sausage:								
*Frankfurter, raw (10 sausages, 5-1/2x3/4 in.) -	64.5	59.0	.9	4	14.8	16.1		
*Pork, bulk, raw - - -	49.0	45.0	.9	4	11.2	12.2		
*Tuna fish, canned, solids and liquid - - - -	108.1	89.1	.8	8	11.1	13.5		
*Turkey, medium fat, dressed, raw, evic. - -	61.1	75.0	1.2	2	37.5	30.6		
Veal, raw:								
Cutlet, boned (wholesale round) - - - - -	88.5	128.3	1.4	4	32.1	22.1		
*Stew meat, without bone -	83.1	83.0	1.0	3-1/3	24.9	25.0		
Beans, common or kidney, mature dry seeds:								
*Pinto and red Mexican, raw - - - - -	104.4	15.0	.1	9	1.7	11.6		
*Peanut butter- - - -	118.5	46.7	.4	14	3.3	8.5		